WHAT IS CLAIMED IS:

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- 1. A battery comprising an electrolyte having lithium ions and a cathode comprising metal vanadium oxide, wherein the battery demonstrates an accessible current capacity of at least about 220 mAh/g upon discharge down to a pulse discharge voltage of 2 V when pulsed in groups of four constant energy pulses at a current density of 30 mA/cm² to deliver 50 Joules per pulse that are separated by 15 seconds of rest between each pulse with 6 days between pulse groups.
- 2. The battery of claim 1 having an average internal electrical resistance of no more than 0.2 Ohms at a current density of at least about 30mA/cm².
 - 3. The battery of claim 1 wherein the cathode comprises at least about 8 weight percent electrically conductive, electro-chemically inert particles.
- 15 4. The battery of claim 1 wherein the cathode comprises at least about 10 weight percent electrically conductive, electro-chemically inert particles.
 - 5. The battery of claim 1 wherein the metal vanadium oxide comprises particles having an average diameter less than about 1000 nm.
 - 6. The method of claim 1 wherein the metal vanadium oxide comprises particles having an average diameter less than about 500 nm.
 - 7. The battery of claim 1 wherein metal vanadium oxide comprises silver vanadium oxide.
 - 8. The battery of claim 7 wherein silver vanadium oxide comprises $Ag_xV_2O_y$, with $0.3 \le x \le 2.0$ and $4.5 \le y \le 6.0$.
- 9. The battery of claim 1 wherein the battery demonstrates an accessible current capacity of at least about 240 mAh/g when pulsed in groups of four constant energy pulses at a current density of 30 mA/cm² to deliver 50 Joules per pulse that are separated by 15 seconds of rest

between each pulse with 6 days between pulse groups, upon discharge down to a pulse discharge voltage of 2 V.

- 10. The battery of claim 1 wherein the battery demonstrates an accessible current capacity of at least about 250 mAh/g when pulsed in groups of four constant energy pulses at a current density of 30 mA/cm² to deliver 50 Joules per pulse that are separated by 15 seconds of rest between each pulse with 6 days between pulse groups, upon discharge down to a pulse discharge voltage of 2 V.
- 10 11. The battery of claim 1 wherein the anode comprises lithium metal.
 - 12. The battery of claim 1 wherein pulse trains can be supplied by the battery at current densities greater than about 50 mA/cm².
- 15 13. The battery of claim 1 wherein the cathode has a thickness from about 0.1 mm to about 0.8 mm.
 - 14. The battery of claim 1 having a charging current to at least about 0.4A per cubic centimeter of battery volume.

The battery of claim 1 exhibiting no significant voltage delay throughout the life of the battery as demonstrated in a three month accelerated discharge test.

- 16. An implantable medical device comprising a battery of claim 1.
- 17. An implantable medical device of claim 16 having defibrillating function.
 - 18. An implantable medical device of claim 16 having defibrillating and cardiac pacing functions.

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- 19. A battery comprising an electrolyte having lithium ions and a cathode comprising metal vanadium oxide particles, the battery having an average internal electrical resistance of no more than 0.2 Ohms at a current density of at least about 30 mA/cm².
- 5 20. The battery of claim 19 wherein the metal vanadium oxide particles comprise silver vanadium oxide.
 - 21. The battery of claim 19 wherein the metal vanadium oxide particles have an average diameter less than about 1000 nm.
- 22. The battery of claim 19 wherein the metal vanadium oxide particles have an average diameter less than about 500 nm.
- 23. The battery of claim 19 having an average internal electrical resistance of no more than 0.17 Ohms at a current density of at least 30 mA/cm².
 - 24. The battery of claim 19 having an average internal electrical resistance of no more than 0.15 Ohms at a current density of at least 30 mA/cm².
- 25. The battery of claim 19 having an internal electrical resistance of no more than 0.125 Ohms at 2.6V at a current density of at least 30 mA/cm².
 - 26. The battery of claim 19 wherein the anode comprises lithium metal.
- 25 27. The battery of claim 19 having a charging current to about 0.4 amps per cubic centimeter of battery volume.
 - 28. The battery of claim 19 exhibiting no significant voltage delay throughout the life of the battery as demonstrated in a three month accelerated discharge test.

- 29. The battery of claim 19 having a volume from about 3 cubic centimeters to about 15 cubic centimeters.
- 30. An implantable medical device comprising a battery of claim 19.

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- 31. A battery comprising an electrolyte having lithium ions and a cathode comprising metal vanadium oxide particles, the battery having a current capability of at least about 0.4 amps per cubic centimeter battery volume.
- 10 32. The battery of claim 31 wherein the metal vanadium oxide particles comprise silver vanadium oxide.
 - 33. The battery of claim 31 wherein the metal vanadium oxide particles have an average diameter less than about 1000 nm.

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- 34. The battery of claim 31 wherein the metal vanadium oxide particles have an average diameter less than about 500 nm.
- 35. The battery of claim 31 having an average internal electrical resistance of no more than 0.2 Ohms at a current density of at least 30 mA/cm².
 - 36. The battery of claim 31 having a current capability of at least about 0.5 amps per cubic centimeter battery volume.
- 25 37. The battery of claim 31 wherein the battery has a volume no more than 15 cubic centimeters.
 - 38. The battery of claim 31 wherein the battery has a volume from about 3 cubic centimeters to about 10 cubic centimeters.

- 39. The battery of claim 31 exhibiting no significant voltage delay throughout the life of the battery as demonstrated in a three month accelerated discharge test.
- 40. A battery comprising an electrolyte comprising lithium ions and a cathode comprising metal vanadium oxide particles, the battery exhibiting no significant voltage delay throughout the life of the battery as demonstrated in a three month accelerated discharge test.
 - 41. The battery of claim 40 wherein the metal vanadium oxide particles comprise silver vanadium oxide.
 - 42. The battery of claim 40 wherein the metal vanadium oxide particles have an average diameter less than about 1000 nm.

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- 43. The battery of claim 40 wherein the metal vanadium oxide particles have an average diameter less than about 500 nm.
 - 44. The battery of claim 40 having an average internal electrical resistance of no more than 0.2 Ohms at a current density of at least 30 mA/cm².
- 20 45. The battery of claim 40 having an average charging current to at least about 0.5 amps per cubic centimeter battery volume.
 - 46. A battery comprising an electrolyte comprising lithium ions and a cathode comprising metal vanadium oxide particles, the battery having a pulse voltage of no less than 2.25V at a pulse current density of 30 mA/cm² when discharged to a voltage of 2.6V.
 - 47. The battery of claim 46 wherein the pulse voltage is from about 2.3V to about 2.4V at a pulse current density of 30 mA/cm² when discharged to a voltage of 2.6V.
- 30 48. The battery of claim 46 wherein the metal vanadium oxide particles comprise silver vanadium oxide.

- 49. The battery of claim 46 wherein metal vanadium oxide particles have an average diameter no more than about 1000 nm.
- 50. The battery of claim 46 wherein metal vanadium oxide particles have an average diameter no more than about 500 nm.
 - 51. The battery of claim 46 having an internal electrical resistance of no more than 0.2 Ohms at a current density of at least about 30 mA/cm².
- 10 52. The battery of claim 46 having an average charging current of at least about 0.5 amps per cubic centimeter battery volume.